

RAW VEGETABLE GROUP

AT LEFT: this group of vegetables creates an immediate urge to transform them into savory table dishes. Nutritional experts agree that fresh or properly cooked vegetables are extremely important in the daily diet. Recipes from pages 117 to 121.

ASPARAGUS WITH LEMON SAUCE

(Serves 8)

$\frac{1}{4}$ cup butter	1 teaspoon salt
$\frac{1}{4}$ cup flour	$\frac{1}{4}$ teaspoon pepper
2 cups milk	2 pounds asparagus, cooked
2 egg yolks, beaten	Toast
2 tablespoons lemon juice	

Make white sauce with butter, flour, and milk. Add egg yolks, lemon juice, and seasoning. Arrange asparagus on toast and pour sauce over.

BAKED CARROTS AND ONIONS

(Serves 6 to 8)

6 medium sized carrots, sliced	Butter
6 large onions, sliced	1 cup milk
Salt	Buttered bread crumbs
Pepper	

Arrange alternate layers of carrots and onions in buttered casserole, season each layer with salt and pepper and dot with butter. Pour milk over contents, cover with buttered bread crumbs. Bake in a moderate oven (350° F.) about 1 hour.

CABBAGE AND HAM WITH CHEESE SAUCE

(Serves 8)

3 tablespoons butter	$\frac{1}{4}$ teaspoon Worcestershire sauce
3 tablespoons flour	2 cups Natural American Cheese, grated
$1\frac{1}{2}$ cups milk	1 medium head cabbage
$\frac{3}{4}$ teaspoon salt	3 thin slices pre-cooked ham
Pepper	Paprika

Make white sauce with butter, flour, and milk. Add seasonings, sauce, and cheese. Remove from fire, stir until cheese is melted. Cover and place over hot water. Cut cabbage into eight wedges. Boil rapidly for 8 to 10 minutes, or until tender; drain. Pan-broil ham. Arrange cabbage and ham on platter with ham around outside. Pour cheese sauce over all. Add a dash of paprika. Serve with stuffed tomatoes.